



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 19350, Syrups, corn, light

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	22.81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Energy	kcal	283	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2007
Energy	kJ	1182	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2007
Protein ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Total lipid (fat) ¹	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Ash ¹	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Carbohydrate, by difference	g	76.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2004
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1993
Sugars, total ¹	g	76.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2012
Minerals													
Calcium, Ca ¹	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe 1	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Magnesium, Mg 1	mg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Phosphorus, P 1	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Potassium, K 1	mg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Sodium, Na 1	mg	62	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Zinc, Zn 1	mg	0.44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Copper, Cu 1	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Manganese, Mn 1	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Selenium, Se	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2004
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2004
Thiamin 1	mg	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Niacin 1	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Pantothenic acid 1	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Vitamin B-6 1	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Folate, total	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2004
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2007
Choline, total	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2004
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1993
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1993
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1993
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/1993
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD